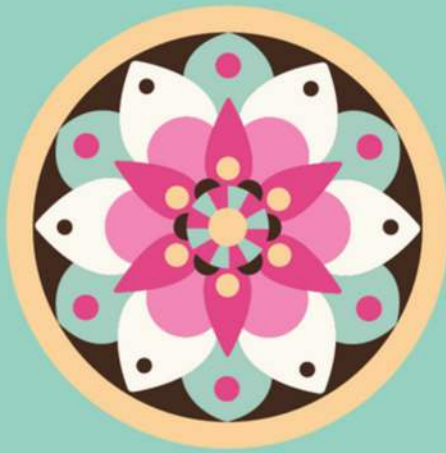




"I just want to say a big thank you for the amazing workshop. I felt quite out of my comfort zone initially but you very quickly put me at ease, which I really appreciated. We got so much out of the workshop" Hayley.

**Book in for a
'Celebration Day
Workshop' with
your pre-teen.**

WORKSHOP DETAILS

WHO: Mother's (or
Ren+/Whānau

/Aunty/Carer) session:

WHERE: South Canterbury

WHEN: 18th October 2025

7.00-9.00 pm

+

WHO: Pre-teens workshop:

WHERE: South Canterbury

WHEN: 19th October 2025

10.00 am-3.00 pm

\$155.00 per parent/pre-teen duo.
Payment options available.

Please get in touch:

Ph: 027 3562 600

Email: nzangelaroberts@gmail.com

Register: www.angelaroberts.nz
or scan QR code below:



How to give them a positive start to menarche (their first period) and share a special day!



Growing up can involve lots of change and feel daunting but, with support, young people can feel prepared, informed and confident about their body, their menstrual cycle and themselves.

A Celebration Day for menarche workshop prepares your pre-teen for a positive start to their menstrual cycle and supports your connection with them as they navigate these changes. Your 10-12-year-old gets a full day of group education, crafts, activities, relaxed conversation, and stories.

In the evening beforehand, you as a Mum (or Ren+/Whānau /Aunty/Carer) get to explore where applicable, your own story of menarche, what resources are available, and how to best support your pre-teen. You will then join in with the young people from lunchtime on the workshop day.



Angela Roberts

About Angela

As an Occupational Therapist, Sexologist, and Menstrual Educator, Angela is skilled in providing you with information, supportive conversations and resources to ready you and your pre-teen for the changes of puberty.